

Simple Fish Tacos

Serves: 6 people

Preparation Time: 30 minutes

Ingredients:

- ♣ 1/2 cup non-fat sour cream
- ♣ 1/4 cup fat-free mayonnaise
- ♣ 1/2 cup chopped fresh cilantro
- ♣ 1/2 package low sodium taco seasoning, divided
- ♣ 1 lb. (4 total) cod or white fish fillets, cut into 1-inch pieces
- ♣ 1 Tbsp. olive oil
- ♣ 2 Tbsp. lemon juice
- ♣ 2 cups shredded red and green cabbage
- ♣ 2 cups diced tomato
- ♣ 12 6-inch warmed corn tortillas
- ♣ Lime wedges for serving

Directions:

In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix. In medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork. Fill taco shells with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Cups of Fruits and Vegetables Per Person: 1

Nutrition:

Nutrition Facts	
Simple Fish Tacos	
Serving Size 1/6 of recipe	
Amount Per Serving	
Calories 270	Calories from Fat 50
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	% Daily Value (DV)*
Total Fat 7g	11%
Saturated Fat 0g	0%
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 6g	
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Protein 16g	
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Vitamin A	30%
Vitamin C	50%
Calcium	10%
Iron	8%
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* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 1
Meat: 2
Milk: 0
Fat: 0
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.